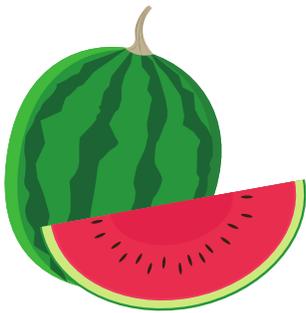


Harvest of the Month

SEPTEMBER | WATERMELON

HEALTH BENEFITS

- VITAMIN C
- VITAMIN A
- VITAMIN B6
- LYCOPENE



HEALTHY SERVING IDEAS

All parts of the watermelon can be eaten, even the rind.

The watermelon can be classed as both a fruit and a vegetable. It is a vegetable because it is a member of the same family as cucumber, pumpkin, and squash. It is a fruit because it grows from seed.

Watermelons keep us hydrated, our skin fresh, and can clean the kidneys of toxins.

SHOPPING & STORAGE TIPS

We should have local watermelon from July through most of September, depending on how soon the fall weather sets in.

A ripe watermelon should have a thick rind that doesn't give easily when pressured. If you scratch it with your thumbnail, you shouldn't be able to cut through it. A ripe watermelon should have a firm rind that doesn't give to pressure and is not easily scratched.

Whole watermelon should be left at room temperature until ripe. Once ripe, place the whole watermelon, uncovered, in the refrigerator.

LIVE WELL



WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL



INGREDIENTS



4 cups seedless watermelon,
cubed

2 cups cucumbers, sliced into
half moons

1/4 cup red onion, thinly sliced

1/3 cup crumbled feta

3 tablespoons honey

3 tablespoons fresh lime juice

WATERMELON SALAD

1. Mix all ingredients together
and enjoy



FOR MORE INFORMATION VISIT
WAUKESHACOUNTY.GOV/LIVEWELL

INGREDIENTS

1 small watermelon, sliced

1 mozzarella ball, sliced

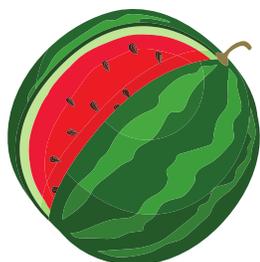
2 tbsp. sliced fresh basil

Flaky sea salt

Freshly ground black pepper

Extra-virgin olive oil

Balsamic glaze



WATERMELON CAPRESE

1. Slice watermelon into ½ inch
thick squares, about 3 inches X
3 inches.
2. Slice mozzarella into ½ inch
slices.
3. On a serving dish, alternate
slices of watermelon and
mozzarella.
4. Sprinkle with basil, flaky sea
salt and pepper.
5. Drizzle with olive oil and
balsamic glaze and serve.